



Body Rhythm Dice: Roll & rock!



These dice offer multiple ways to create and play an endless variety of body percussion rhythms. Suitable for use at home, in school or at work. As a quick energizer, as a training- or composition tool or just for fun!

Scan the QR code below for video instruction and some examples of how to use the Body Rhythm Dice.



The dice

This set contains nine wooden dice. Four body sound dice, each with these six different body sounds:



Four rhythm dice, each with these six different rhythm blocks (check the instruction video to learn how to play them):



One 'how to play' cube with six ways to execute the rhythmic patterns:



slow



fast



loud



soft



in a group:
take turns
playing the
pattern once



in a group: with
each repetition
of the pattern
one more person
joins in

Basic activity

1. Throw all nine dice
2. Arrange the four rhythm dice in a line to create a four beat pattern.
3. Place the four body sound dice under the four rhythm dice, indicating which body sound should be used to play each rhythm block.
4. Play this body rhythm pattern in repetition.
5. Optional: play the pattern according to the 'how to play'-dice.

To learn the pattern you can start by clapping it, instead of using different body sounds.

Rests

When one or more rhythm dice show the quarter rest () will have one or more 'left over' body sound dice, since a rest is silent.

There are three options:

- Put the left over dice aside. Play the pattern, including the rest.
- Place the left over body sound dice under one of the other body sound dice. With each repetition of the pattern you alternate between the two body sounds under that particular rhythm dice.

- Place them over one of the other rhythm dice. This rhythm dice now has two body sounds. Play them simultaneously, if possible.

The more you use these dice, the more possibilities you will discover or come up with yourself! Here are a few more examples of how to use the dice in groups or individually, on a variety of levels.

Beginners: variety of bodysounds

- First throw the four (or three) rhythm dice to create a rhythmic pattern.
- Clap the pattern.
- Throw one of the body sound dice and play the whole rhythm with this body sound.

Beginners: building up a rhythm

- Throw the four rhythm dice to create a rhythmic pattern (or three dice if you want a 3/4 rhythm).
- Arrange the four rhythm dice in a line to form a four beat pattern.
- Clap this pattern
- Throw **one** of the body sound dice and place it under one of the rhythm dice.
- Play the rhythmic pattern using claps, except for the rhythm block that has the alternative body sound.
- Repeat this with the other body sound dice, adding more body sounds one by one.

Intermediate: forward and backward

- Follow the instructions on the basic activity
- Play the pattern, but immediately after that, play the pattern in reverse order, reading it from right to left.

Advanced: dictation

This works best if you are working one on one, or if the people you work with have access to their own Body Rhythm Dice set.

- Follow the instructions on the basic activity with your own set but keep it hidden from your participants.
- Play the rhythmic pattern.
- The student(s) arrange their own dice according to the pattern you just played.
- If you work with a group, you can add an element of competition: who can recognize and create the right rhythm with their dice the fastest?

It goes without saying you can manipulate the outcome of your roll, if you want to make an easier rhythmic pattern. If you are very familiar with the different rhythm blocks you can even make up rhythmic patterns without rolling the dice.

Be in touch!

We at Bodypercussie.nl are very curious about your ideas and experiences with the Body Rhythm Dice. Please tell us through the contact page of our website. You might see your idea featured on our website or socials!

Credits

The Body Rhythm Dice were designed by **bodypercussie.nl**. The body rhythm pictograms are designed by **Sjeng Schupp**. The snail and hare picto are by **Selman design**. The cubes are produced at the **Boswijk workshop of Bartimeús**, Doorn, The Netherlands.